



SENIOR SCOOP

· AUGUST 2018 ·

895 Main St. Ashby, MA 01431 (978) 386-2424 ext. 27 coa@ashbyma.gov

Our Mission: *The Ashby Council on Aging (COA) is dedicated to enhancing the quality of life of Ashby senior residents by offering services that strive to promote each person's independence and healthy, successful aging.*

COA OFFICERS:

Nancy Catalini, *Chair*

Jo Helander, *Vice Chair & Treasurer*

Nadine Callahan, *Secretary*

Linda Stacy

Linda Mikkola

Suzanne Harju

Council on Aging Meetings: The Ashby Council on Aging meets on the second Wednesday of each month at 3:30 pm at the **COA Aging Office, located in the Ashby Town Hall (Lyman Building) 895 Main St., 3rd floor.** Meetings are open to the public and all are welcome to attend.

Dates to Remember:

See inside for details and more events.

**AUG 11th - ALL ABOUT BATS AT THE
ASHBY PUBLIC LIBRARY**

**AUG. 15th - LAST DAY TO REGISTER TO
VOTE IN PRIMARIES**

**AUG. 16th - ICE CREAM SOCIAL & TOUCH A
TRUCK - ASHY COMMON**

AUG. 18th - FRGC's ANNUAL PIG ROAST

**AUG. 19th - FREE CONCERT AT MARTY'S
DRIVING RANGGE, MASON, NH**

AUG 22nd - VOLUNTEER AT THE COA

SEPT. 4th - STATE PRIMARY ELECTIONS

SEPT. 5th - BOWLING CLUB BEGINS

SEPT. 29th - PUMPKIN FEST!

**DEC. 15th - TRIP TO A CHRISTMAS CAROL
AT THE HANOVER THEATRE**

COA DIRECTOR: Corey Harju

Phone: 978-386-2424 (ext. 27)

Email: coa@ashbyma.gov

Facebook: @AshbyMACOA

Office Hours: Wednesdays 9 - 12:00 or By Appointment

From the Director:

Dear Ashby,

It's summer in Ashby and that means band concerts on the common, campers walking on South Road, local corn at the Ashby Market and early morning hikes up Mount Watatic! My memories of summer growing up here in Ashby haven't faded - ice cream frappes at Sheldon's, swimming lessons at Damon Pond, Porter Dodge Summer Camp at Allen Field, riding bikes with friends until the sun went down. What are your fondest memories of summers here in Ashby? What are your favorite things about summer in Ashby now? Let me know and you may see them mentioned in an issue of the Senior Scoop! Write or email me:

Ashby COA

895 Main Street

Ashby, MA 01431

EMAIL: coa@ashbyma.gov

Take care of each other and enjoy the rest of your Ashby summer! ~ Corey Harju, Your COA Director

*Happy Summer
Ashby!*



PLEASE JOIN THE ASHBY COA FOR:
CHARLES DICKENS'
A CHRISTMAS CAROL



SATURDAY ~ DECEMBER 15TH



COST FOR SENIORS AGE 60+ : \$66.00 PER PERSON

Price includes one center orchestra seat and transportation to and from the Hanover Theatre in Worcester.

RESERVE YOUR SPOT BY SEPTEMBER 19TH

PAYMENT DUE AT TIME OF RESERVATION ~ Cash or check made payable to the
Ashby Council on Aging

LIMITED TICKETS AVAILABLE! FIRST COME – FIRST SERVED!

DETAILS:

ATTENDEES WILL MEET THE BUS AT 12:15 PM IN THE ASHBY LEGION/ASHBY
CONGREGATIONAL CHURCH PARKING LOT ON NEW IPSWICH ROAD.

★ **VOLUNTEERS NEEDED!!** ★
★ **WEDNESDAY, August 22** ★
★ **1:00 pm in the COA Office at** ★
★ **Ashby Town Hall (3rd floor)** ★

★ Your COA needs volunteers to help get ★
★ our next newsletter ready for mailing. ★

Your Ashby COA is on
Facebook! Like us at:
@AshbyMACOA



Like us on
Facebook

*Special thanks to DS
Graphics for
generously printing
this month's COA
Senior Scoop newsletter
advertisement free!*

From our Town Clerk:

Wednesday, August 15th is the Last Day to Register to Vote in the September 4th State Primaries. This is only for people not already registered to vote in Ashby. The Town Clerk's office will be open 9am-8pm on that day.

Absentee ballots will be available for the State Primaries on September 4, 2018. If you're physically unable to get out to the polls on election day or are going to be out of town that day you can still vote. The process is simple! To request an application for yourself or a relative, please call the Town Clerk's office (978) 386-2424 ext.10. Ballots can be mailed back but must arrive by the close of the polls on Election Day.

Meet Ashby's Town Clerk:

You may know Ashby has a Town Clerk and her name is Tiffany Call, but did you know she was born in Virginia?! Here are a few things about Tiffany and her role as Town Clerk that you may not know...

Ms. Call was born in Manassas Virginia where her father was stationed in the Army. When she was two years old, Tiffany's family moved to Westminster, just a stones-throw from Wachusett Mountain. This August is her 10 year Anniversary of being an Ashby-ite!

Tiffany was previously the Director of the Before and After School Program at Ashby Elementary for 3 years and then worked as a library assistant at the Ashby Library for 3 years. She trained in the Town Clerk's office and was elected to the Town Clerk position in April 2017.

As the Town Clerk, Tiffany is first in the town hall to know about new Ashby babies, marriages, and homes being built, and her favorite part of the job is being the first to say "Welcome to Ashby!"

Tiffany might not have all the answers, but her and her staff will always do their best to help you in any way they can, or direct you to someone in Town Hall that can help. She encourages people to get involved in our wonderful little Town and hopes everyone will join a committee, volunteer, participate in meetings and VOTE!

If you have questions or need more information on the services offered at the Ashby Town Hall, please do not hesitate to contact Tiffany, or simply stop by the Town Hall and say hello!

Tiffany Call
Ashby Town Clerk



ASHBY TOWN CLERK OFFICE HOURS:

**Monday - Thursday
8:00 - Noon
& Wednesday 5:00 - 8:00 PM**
Phone: 978-386-2424 x10
Fax: 978-386-2490
Email: tclerk@ci.ashby.ma.us

Mail:
**895 Main St.,
Ashby, MA 01431**

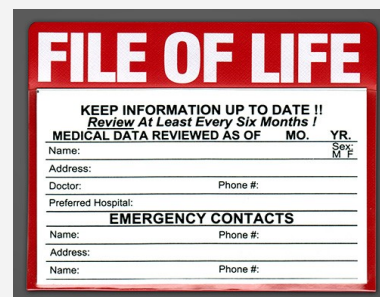
FARMERS MARKET COUPONS NOW AVAILABLE AT THE COA:

Please visit or contact Corey at the COA for availability and eligibility requirements.
Number of coupon books are very limited.
First come - first served, while supplies last.



Pick up your FREE File of Life Magnet at the COA office!

Emergencies can happen any time. Be prepared! Keep all your medical info in one place right on your fridge! Its easy and its free! Contact the COA today.



Services -



The SHINE Program provides FREE, unbiased, health insurance counseling to all Mass residents with Medicare, their caregivers, and those approaching Medicare eligibility.

For more information, or to meet with a counselor, contact the Ashby COA at 978-386-2424, ext 27. Ashby's SHINE councilor is available the first Thursday of each month for appointments.

ADULT BEREAVEMENT DROP-IN SUPPORT GROUPS:

All support groups are free, no registration required, and are open to all adults.

Second Tuesday of each month: Pepperell Senior Center and Shirley Library

Third Tuesday of each month: Lunenburg Senior Center and Townsend Senior Center

Third Thursday of each month: Harvard Senior Center and Littleton Library

First & Third Thursday EVENING of each month:
Shirley Library

**For times and more information please contact:
Karen Campbell: 1-800-698-3307 x 320**

NEED MEDICAL EQUIPMENT?

Your COA has equipment available for you to borrow at no cost: Wheelchairs, Walkers, Canes, Chairs, Tub Stools, Bed Assist Handles, and more! Contact the COA office to confirm the item you need is available: 978-386-2424, ext 27

ALSO...

REquipment is a medical equipment re-use program offering free refurbished wheelchairs, scooters, shower chairs and more to adults, children and elders living in Massachusetts. Visit www.dmerequipment.org to search available equipment and for more information or call: 508-713-9690

Free Community Supper



The First Baptist Church of West Townsend holds a free Community Supper every fourth Wednesday of the month from 5:00 to 7:00. The supper is open to anyone that could use a warm meal. 461 Main Street, West Townsend, MA. For information on the supper please call the church:

978-597-2641

COUNCILING & SUPPORT

CAREGIVER SUPPORT GROUP

Montachusett Home Care Corp.

680 Mechanics St., Leominster

(800) 734-7312

Meets 3rd Thursday of the Month

10:00—11:15 am

ALZHEIMER'S SUPPORT

The Highlands

335 Nichols Rd., Fitchburg

(978) 343-5368

Meets first Thurs. of the month 6 p.m.

WIDOWHOOD SUPPORT

Montachusett Home Care Corp.

Facilitator: Peter Sylvia

(800) 734-7312

Meets Thursdays 5:30 p.m.

PARKINSON'S SUPPORT GROUP

Pepperell Senior Center

Meets 2nd Wednesday of the month 3:00-4:00;

Call Susan: 978-433-0326

ASHBY CONGREGATIONAL CHURCH

(978) 386-5566

www.ashbycongregationalchurch.org

ASHBY FIRST PARISH CHURCH

(978) 386-5660

www.ashbyuu.org

SANCTUARY

(978) 906-5081

www.sanctuaryashby.org

MEALS ON WHEELS

The Ashby COA through Montachusett Opportunity Council provides meals to seniors who require assistance with meal preparation.

Eligibility: Must be at least 60 years of age and homebound. Requested donation is \$2.25 per meal. **Call the Ashby COA office at 978-386-2424 ext. 27 to sign up.**

Programs -

YOGA

At the Ashby Town Hall

\$5 per session for Ashby Residents Age 60+
(fee will be waived for those unable to pay)

Tuesdays 5:00pm - Slow Yoga

Sundays 8:30am - Gentle Yoga

BOWLING CLUB!

Wednesdays, beginning September 5th, 2018

1:00 pm at PUTNAM STREET LANES

(14 Putnam St, Fitchburg)



Contact Gary for more info & to sign up:

Phone: (978) 343-9664 or

Email: putnamlanes@gmail.com

SENIOR CITIZEN PROPERTY TAX WORK-OFF PROGRAM

This program allows Ashby homeowners, age 65+ to reduce property taxes by up to \$600 per year by working for the Town of Ashby.

- Applicant must meet eligibility requirements, must have appropriate skills and physical ability for position, and the Applicant and Department Head must both agree the job is an appropriate match;
- Job Opportunities are based on individual department needs;
- Stop by the Assessors office at Town Hall for an Application!

TOWNSEND SENIOR CENTER EVENTS:

Shingle Mingle - Thursday, August 9 at 1pm: Learn the essential facts about recognizing and treating the virus, plus have the chance to get the most recent vaccine.

Worcester Art Museum Visit - Thursday, Aug. 10 at 9:30am

Beatles for Sale Concert - Wednesday, August 22 (time t.b.d)

Sunset Drum Circle - Thursday, August 22 at 11am: Native American, African and assorted drums and percussion will be provided. No prior drumming experience needed. Circles will take place monthly through the summer.

Please call the Townsend Senior Center for more information and to register for all events: 978-597-1710

ASHBY COUNCIL ON AGING VAN

MART Shuttle Service is available to all eligible (60 years or older, or ADA qualified) individuals. Ashby residents may use the van Monday - Friday for medical appointments, social day care, and shopping. The van is available from 8:00 a.m. to 5:00. Riders must be scheduled by 2:30 p.m. the day before. To apply and schedule use please call: **Jennifer Collins, Monday through Thursday: 386-2501, ext. 11**

SMARTPHONE 101

QUESTION & ANSWER WORKSHOP

**BRING YOUR
SMARTPHONE/IPHONE TO
THE LIBRARY**



**EVERYTHING YOU NEED
TO KNOW ABOUT YOUR
SMARTPHONE**

- SETTINGS
- TAKING & EDITING PICTURES
- USING APPS
- AND MORE!

WHEN

**Tuesdays
11am -12pm**



WHERE

Ashby Free Public Library

Class Format - Hands On

Audience - Adults, 50+



Senior Saturdays Silver Ranch Airfield Jaffrey, NH



Saturdays through October. 2:00 - 4:00 pm

A free informal **outdoor** open house with socializing and light refreshments. Get out, visit, share stories, or take a walk. (Check for Airfield safety restrictions.) We have one of the "classic" Mt. Monadnock views, natural areas, and wildlife for you to enjoy. A variety of "flying machines" to see, and you might get to even "tour" one.

Wheelchair folks - welcomed and encouraged. Light refreshments, parking, lawn chairs (bring your own if you wish) ... and lots of fresh air will be provided! For questions, contact Harvey or Lee Sawyer at (603) 532-8870. Silver Ranch Airfield 190 Turnpike Rd (Rte 124), Jaffrey, NH (next to Kimball's Ice Cream)

Events -

Ashby Land Trust & Mass Audubon Present:



Join the Ashby Land Trust and Kristin Steinmetz from Mass Audubon to learn general information about bats and how we can help them; followed by a simple bat craft for young children. This is a free program open to all ages!

Saturday, August 11th
10 am - 11 am

At the Ashby Free Public Library

Marty's Driving Range presents:



Sunday, August 19th
3:00 pm - 6:00 pm

Erin Harpe and the Delta Swingers are excited to bring the "boogie, blues and beyond" music to

Marty's Driving Range
96 Old Turnpike Rd, Mason, NH.

Come on down for a fun, free, all ages afternoon show!
For more info and details contact Marty's:

603-878-1324

FREE CHAIR MASSAGE

You are invited to receive a FREE chair massage at the **NATIONAL NIGHT OUT** held at the **North Middlesex Regional High School, AUGUST 7th, 6 to 8 pm.**

"This FREE event is part of a national community building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live."



CHAIR MASSAGE!

BY KATHLEEN AVISON

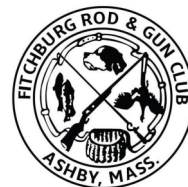
You are invited to receive a FREE chair massage

Fitchburg Rod & Gun Club's Annual Pig Roast

Saturday, August 18th at 2pm

985 Richardson Road, Ashby

For more info, please contact the FRGC
at: (978) 386-5352



ASHBURNHAM PARKS & RECREATION'S

2018 FREE SUMMER CONCERT SERIES



SUNDAYS 5 PM - 7 PM

NOW thru SEPTEMBER 2nd



At WINCHESTER PARK (20 Memorial Dr, Ashburnham)

- * AUG 5 Jumpin' Juba (Blues w/ Rock & Roll, Jazz)
- * AUG 12 New England Swing Orchestra
- * AUG 19 Clavis Brudonn Band (Bluegrass, Country)
- * AUG 26 Nashoba Valley Concert Band
- * SEPT 2 Black Sheep Jazz Band (Dixieland, Jazz)

In the event of inclement weather, the concert will be rescheduled to the end of the series.

Friend's of the Ashby Library's

PUMPKIN FEST!

SAVE THE DATE:

SATURDAY,
SEPTEMBER 29th

Ashby Common

Stay tuned for details!



Pepperell Fall Festival
Saturday, September 15th

10 AM - 4 PM

(Rain date 9/16)

Pepperell Town Field - 4 Hollis Street

JULY 2018 COMMUNITY EVENTS

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURS- DAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<p><i>Know of an event that should be included in the next calendar? Let us know! Give the COA a call: 978-386-2424 ext. 27, email: coa@ashbyma.gov, or message us on Facebook: @AshbyMACOA</i></p>			<p>1 COA Office Open 9:00 - 12:00</p> <p>Band Concert Ashby Common 7:30</p>	2	3	<p>4 ASHBY TRANSFER STATION OPEN 9 am to 1:00 pm</p> <p>Senior Saturdays Silver Ranch Airfield Jaffrey, NH 2 - 4:00 pm</p>
<p>5 Jumpin' Juba Winchester Park, Ashburnham 5:00 - 7:00 pm</p>	6	<p>7 How to Use Your Smartphone 11 - 12:00 Ashby Library</p>	<p>8 COA Office Open 9:00 - 12:00</p> <p>Band Concert Ashby Common 7:30</p>	<p>9 Shingle Mingle 1:00 pm Townsend Senior Center</p>	<p>10 Worcester Art Museum Trip from the Townsend Senior Center</p>	<p>11 All About Bats! Ashby Library 10 - 11:00</p> <p>Senior Saturdays Silver Ranch Airfield Jaffrey, NH 2 - 4:00 pm</p>
<p>12 New England Swing Orchestra Winchester Park, Ashburnham 5:00 - 7:00 pm</p>	13	<p>14 How to Use Your Smartphone 11 - 12:00 Ashby Library</p>	<p>15 COA Office Open 9:00 - 12:00</p> <p>Band Concert Ashby Common 7:30</p> <p>Last day to register to vote in Sept. Primaries</p>	<p>16 TOUCH A TRUCK & ICE CREAM SOCIAL Ashby Common 6:00 - 8:00 Sponsored by Friends of the Ashby Library</p>	17	<p>18 ASHBY TRANSFER STATION OPEN 9 am to 1:00 pm</p> <p>FRGC ANNUAL PIG ROAST 2:00</p>
<p>19 Free Concert at Marty's Driving Range, Mason, NH 3:00 - 6:00 pm</p> <p>Clavis Brudonn Winchester Park, Ashburnham 5:00 - 7:00</p>	20	<p>21 How to Use Your Smartphone 11 - 12:00 Ashby Library</p>	<p>22 COA Office Open 9:00 - 12:00</p> <p>VOLUNTEER AT THE COA 1:00</p> <p>Band Concert Ashby Common 7:30</p> <p>Beatles for Sale Concert at Townsend Senior Center</p>	23	24	<p>25 Senior Saturdays Silver Ranch Airfield Jaffrey, NH 2 - 4:00 pm</p>
<p>26 Fitchburg Military Band Concert Coggshall Park Fitchburg 2:00 pm</p>	27	<p>28 How to Use Your Smartphone 11 - 12:00 Ashby Library</p>	<p>29 COA Office will be CLOSED</p>	30	31	



Ashby Council On Aging

895 Main St., Box 11
Ashby, MA 01431

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*Distribution of this newsletter is made possible by a grant from the
Massachusetts Executive Office of Elder Affairs*



THE ASHBY COUNCIL ON AGING NEWSLETTER
SENIOR SCOOP

Pick up a copy of the Senior Scoop at the following locations:

- **Ashby Town Hall**
- **Ashby Public Library**
- **873 Café**
- **Fitchburg Rod & Gun Club**
- **Ashby Market**

Also viewable on the Ashby town website at:

www.ci.ashby.ma.us

